

Food Selection Criteria (2.06700)

ER# 2.06700

Authority 2004 7 CFR 246.10(b)

Issued 1/91

Revised 10/04

POLICY: The State agency shall develop and use selection criteria to determine which foods shall be available through the Missouri WIC Program.

PURPOSE: To assure that all foods are considered consistently for inclusion in the WIC program and to assure that the foods available through the WIC program meet the federal regulations.

PROCEDURES:

- A. The state agency will periodically review the food selection criteria to determine if changes, additions, or deletions are needed.
- B. The state agency will conduct a biennial review of all foods currently in use in the Missouri WIC Program, plus review any other foods for which a written request has been received.
 1. In the even numbered years, application forms will be sent to manufacturers and distributors requesting product information, such as nutrient content, packaging, labeling, price, and availability in Missouri.
 2. Products will not be considered for placement on the Missouri WIC Approved Food List for the specified time period if the manufacturer:
 - a. Fails to respond to the request within the specified time frame.
 - b. Fails to include all of the requested information.
 - c. Fails to use the requested format for submitting information.
 3. Products will be evaluated for use in the Missouri WIC Program based on nutrient content, packaging, labeling, availability to wholesale distributors, cost, marketing strategies congruent with WIC goals, consumer confusion regarding packaging, positive health images, participant preference, and other criteria, as necessary. The State reserves the right to limit the number of foods for the WIC Approved Food List based on accessibility, availability and suggested retail store prices. The State reserves the right to remove food items at any time from the Missouri Approved Food List if the food item price increases greater than or equal to 10 percent above its originally submitted suggested retail price.
 4. Criteria for specific types of foods include the following:
 - a. **Infant juice:**
 - i. Contains 30 milligrams of vitamin C per 100 milliliters.
 - ii. 32 ounce bottles acceptable.
 - iii. Single strength infant juice.
 - iv. Plain juice.
 - b. **Infant cereal**
 - i. Contains 45 milligrams of iron per 100 grams of dry cereal.
 - ii. Plain with no fruit or other additives.
 - iii. 8 or 16 ounce box size. No jars.

- c. **Milk**
 - i. Pasteurized, unflavored fluid whole milk, which contains 400 International Units of vitamin D per quart. Gallon containers only.
 - ii. Pasteurized, unflavored fluid skim or lowfat milk (1/2 %, 1%) or reduced fat milk (2%), which contains 400 International Units of vitamin D and 2000 International Units of vitamin A per fluid quart. Gallon containers only.
 - iii. Pasteurized cultured buttermilk, which contains 400 International Units of vitamin D and 2000 International Units of vitamin A per fluid quart. Quart containers only.
 - iv. Evaporated whole milk, which contains 400 International Units of vitamin D per reconstituted quart. 12 ounce cans only.
 - v. Evaporated skim, fat-free or nonfat (< 0.5 gm milk fat per 1 cup) milk, which contains 400 International Units of vitamin D and 2000 International Units of vitamin A per reconstituted quart. 12 ounce cans only.
 - vi. Skim, fat-free or nonfat dry milk (< 0.5 gm milk fat per 1 cup), which contains 400 International Units of vitamin D and 2000 International Units of vitamin A per reconstituted quart. 3 or 8 quart boxes only.
 - vii. Special milk products must meet FDA regulations and will be approved on a case-by-case basis.
 - viii. No organic milk; no milk in glass bottles.
- d. **Domestic Cheese (pasteurized processed American; Monterey Jack; Colby; natural Cheddar; Swiss; Brick; Muenster; Provolone; Mozzarella Part-Skim or whole; or a blend of these cheeses):**
 - i. Natural, domestic, plain cheeses, block.
 - ii. No sliced cheese except for store brand/generic American cheese.
 - iii. Must be prepackaged in clear wrap so cheese is visible and must be clearly marked with type of cheese, package weight and price.
 - iv. No cheese foods, spreads, products, shredded cheeses, string cheeses, grated cheeses, or deli cheeses. No added flavors (peppers, wine, smoke flavoring, etc.).
 - v. Store brand or generic only.
 - vi. All pre-packaged weights up to amount issued on food instrument.
- e. **Eggs:**
 - i. Medium, white, grade A or AA.
 - ii. No low cholesterol, no organic, no brown color, no other specialty eggs.
 - iii. "Single" dozen packages only.
- f. **Cereal:**
 - i. Contains at least 28 milligrams of iron per 100 grams of dry cereal.
 - ii. Contains 19.5 grams or less of sucrose and other sugars per 100 grams of dry cereal (5.5 grams per ounce).
 - iii. No 100% fortifications except for folic acid and iron will be acceptable.
 - iv. No aspartame and/or non-nutritive sweeteners.
 - v. 350 mg of sodium or less per ounce.
 - vi. Nationally or non-nationally advertised brands (store or generic).
- g. **Juice**
 - i. Fruit or vegetable juices.
 - ii. Contains a minimum of 30 milligrams of vitamin C per 100 milliliters of single strength juice.
 - iii. 100% natural, unsweetened.

- iv. No juice drinks, beverages or cocktails.
 - v. No added sugars, aspartame or non-nutritive sweeteners.
 - vi. No food colors.
 - vii. No individual serving size containers/packages.
 - viii. Fluid juice must be packaged in 46-ounce cans or plastic bottles.
 - ix. Frozen concentrate juice must be packaged in 12 oz. containers.
 - x. Shelf stable concentrate juices must be packaged in 11.5 ounce.
 - xi. No glass bottles or cartons.
 - xii. Only pasteurized juice.
 - xiii. All brands of citrus juices, which also meets the price criteria.
- h. **Dried beans and peas, including lentils, black, navy, kidney, garbanzo, soy, pinto, and mung beans, crowder, cow, split and black-eyed peas or a mix of these.**
- i. Store brand/generic only.
 - ii. One pound bags.
 - iii. No added flavorings or seasonings.
- i. **Peanut butter**
- i. Store brand/generic only.
 - ii. 18 oz. jar only.
 - iii. Regular (no honey, jelly, low fat, low sodium.), creamy only.
 - iv. No organic
- j. **Carrots**
- i. All brands allowed.
 - ii. One or two pounds of plain fresh carrots including baby carrots or frozen.
 - iii. Any cut.
 - iii. No added flavorings, seasonings, no organic.
- k. **Tuna**
- i. All brands are acceptable.
 - ii. Approximately 6-6.5 oz. can.
 - iii. Water packed only, chunk, solid or grated.
 - iv. No low sodium or reduced salt.
 - v. No albacore.
- C. Manufacturers must contact the WIC State Office at least ninety (90) days prior to distribution to their wholesale distributor of an approved product that has been reformulated or has undergone a packaging or labeling change.
- 1. The changed product will be reviewed to determine if it still meets the selection criteria.
 - 2. If the Missouri WIC Program is not notified within the correct timeframe, the product will be eliminated from the program when it appears in the changed form on store shelves.